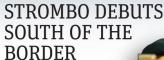




**LiVE 88** 5<sub>fm</sub>



CANADIAN TV PERSONALITY GETS HIS SHOT ON CNN PAGE 14



Dress code memo circulates premier's office. Booty shorts





Alt-pop-rock-country chanteuse Amanda Rheaume performs for an upbeat Westfest crowd enjoying the dying light of a beautiful sunny day that capped Westboro's somewhat soggy three-day spring festival. Despite the less than ideal conditions Friday and Saturday, organizers boasted a strong turnout for their 10th anniversary and vowed to be back next year for an 11th instalment. SEAN MCKIBBON/METRO

### Charity chip wagon victim of suspected arson

### Investigation.

'Whoever did this is sure hurting a lot of kids,' says Gatineau councillor



Gatineau police arson investi-

gators are probing a fire that tore through a food truck operated by a charity that helps poor people.

"It's pretty odd for this to happen to an organization like this that helps people," said Gatineau Police Lt. Eric Savard of the early Sunday morning fire that preyed upon a chip wagon operated by la Soupière de l'Amitié de Gatineau. "They don't have a lot of money, they operate out of the generosity of people in the community.

Gatineau city councillor Joseph De Sylva, who recently became president of the charity's administrative board, said the fire is a significant blow as it helped the group with its school breakfast program and a program to help single moms with money for infant formula and diapers.

"Whoever did this is sure hurting a lot of kids. The money helps us to bring breakfast to young kids at 32 schools," said De Sylva. "I wish our laws were stronger to make people think before they do something like this."

De Sylva said the organization does have insurance, but he wasn't certain to what extent the damage would be covered. He said the group's goal is to have the chip wagon back up and running within a week to minimize its losses. He said the food truck had been operating in the same location at a Rona parking lot at 777 Boul. de la Cité for at least 10 years.

### **Donations**

Anyone who would like to donate to the la Soupière de l'Amitié de Gatineau can do so by calling 819-663-6777.



# Sex workers' legal battle lands in Supreme Court

**Legal limbo.** After six years, groups will have their say Thursday for and against Canada's prostitution laws



Sex workers and their supporters rallied in various pockets

across Canada over the weekend ahead of a Supreme Court of Canada hearing this week, which will mark "the end of a very long chapter" in the fight for prostitutes' safety, said a local advocacy group.

"Not the end of the war,

"Not the end of the war, but definitely a battle that's been lasting for about six years now," said Frederique Chabot, a member of Prostitutes of Ottawa/Gatineau, Work, Educate, Resist (POWER).

In 2007, three sex workers

challenged the constitutionality of Canada's laws against prostitution and a Superior Court judge struck down three key elements, which sex workers say put their lives in danger.

The federal government appealed and the case went to the Ontario Court of Appeal, where judges struck down the bawdy house ban and decriminalized the living off the avails section, but upheld the section dealing with communication for the pur-

pose of prostitution.

The federal government opposed that ruling and was granted leave to appeal status to Canada's highest court.

Those laws that have been held in legal limbo for years are the ones Chabot says puts sex workers in situations of "life and death."

"Basically what is in front of the courts is sex workers in Canada have to choose daily between taking safety measures, in the face of a lot of stigma that makes their lives less valuable to some people, and not going to jail," she said.

Prostitution advocates argue the communication law holds women back from assessing their potential clients and negotiating an agreement before the transaction takes place out of fear of getting arrested.

Chabot said working indoors is also safer because sex workers know their surroundings and can screen clients.



### Criminal charges laid in gas pump crash that left one man injured

Police investigate at a Petro Canada on Fallowfield Road near Green Bank Road after a crash Saturday night that left one man hospitalized with hip injuries and another facing charges. Police say a 48-year-old man was driving his 2011 Toyota Camry in the parking lot of the gas station when he lost control of the vehicle, veered from one set of fuelling pumps to the next and struck a 2001 Dodge Dakota, which was being fuelled by a 57-year-old man. The truck then struck the man pumping gas and the fuel pump, which was sheered off its foundation. Safety features averted a gasoline spill, police said. Quang Do was charged with criminal negligence causing bodily harm and released. Police said alcohol was not a factor. MIKE CARROCCETTO/FOR METRO



YOUR PHONE KNOWS NO LIMITS.
NEITHER SHOULD YOUR DATA.

This could be your wake-up call. Visit WINDmobile.ca



metronews.ca Monday, June 10, 2013

### Moose Creek, Ont.

### Landfill gas plant to power homes with green energy

A new gas-to-energy plant promises to power 4,000 homes in Ottawa and divert 100,000 tonnes of green house gas as it began operations at the Laflèche landfill just outside the city in Moose Creek, Ont., Friday.

The plant will generate 4.2 megawatts of power and is the product of a public-private partnership between Hydro Ottawa's Energy Ottawa Inc. and Integrated Gas Recovery Services Inc. (IGRS).

"This partnership is a win-win scenario," said Bryce Conrad, President and CEO of Hydro Ottawa in a release. "We're turning a negative into a positive by harnessing landfill gas as a green energy source." Graham Lanktree/metro

### Football returns

## Ottawa, CFL officially welcome the Redblacks

Ottawa's new CFL franchise will be known as the Redblacks.

The team officially unveiled its team name and logo at a special event in the city over the weekend.

The logo has the familiar

large "R" that is similar to Ottawa's previous CFL logo when the club was known as the Rough Riders.

The new look features the capital letter on a background with a circular saw blade.

A few thousand fans were on hand for the announcement along with CFL commissioner Mark Cohon and Hall of Famers Russ Jackson and Tony Gabriel.

THE CANADIAN PRESS

### Call 613-236-1222

# Police seeking info in search for missing girls

Ottawa police are asking for help finding two missing girls.

Trinity Payash, 12, was last seen Friday around 5:20 p.m. in the 1100 block of Carling Avenue. Police described her as "non-white, 5'3", long brown hair and brown eyes wearing black yoga pants and a black Old Navy hooded sweatshirt."

Payash may be in the company of Shannon Necan-Wesley, 14, who is also missing. Police described Necan-Wesley as "non-white, 5'10", 110 lbs., light complexion, brown eyes, long brown hair, wearing glasses."

The girls are known to frequent the ByWard Market and Alta Vista area. METRO

# Civil servants don't wear short shorts

### Dress code memo.

Premier gives brighteyed interns a lesson in professional garb

Kathleen Wynne says she's not being Premier Schoolmarm by imposing a dress code on her staff

Wynne's office has prohibited booty shorts, muscle shirts, halter tops, spaghetti straps, miniskirts and ripped jeans as summer office attire.

"There's always been a dress code," the premier said Sunday at the Portugal Day parade on Dundas St. West.

Her comments came after

### All heads unturned

"Tailored walking shorts are acceptable, shorts that are perceived as distracting ... are not."

An Ontario government memo

Torstar News Service revealed a memo was sent to all Liberal aides reminding them of proper decorum at Queen's Park.

"I just think it's good for people to know what we share as a common understanding of how we should dress. It's a professional environment and I just want to make sure that everybody understands what that means," Wynne said.

Still, the 60-year-old premier conceded that in her younger and more rebellious years, she went to the barricades for fashion rights. "There are people who taught me in high school who will be laughing because my first political action was to say women should be able to wear pants to school," she said.

"I know dressing norms change, but whatever point in time we have to have some kind of agreement about what's professional."

The memo to Liberal aides came as summer political interns are descending en masse to Queen's Park.

TORSTAR NEWS SERVICE



### **Cultures coalesce at international carnival**

Dancers from the Ottawa Chinese Arts Centre perform on the main stage in Marion Dewar Plaza Sunday for the third and final day of the annual Carnival of Cultures. The carnival celebrated its 20th anniversary this year with special performances by various dance groups and kiosks serving international cuisine. Groups representing countries such as Lebanon, Mexico, Russia, Peru, as well as members of First Nations, participated in the event to celebrate Ottawa's multicultural roots. JOE LOFARO/METRO

## First responder. Mayor to the rescue at Westfest

Mayor Jim Watson is being credited for helping an elderly man who injured himself at Westfest Saturday night before paramedics arrived.

"To our surprise and immense pride, Mayor Jim Wat-

son was among the first on site to assist the gentleman, and secured a first aid kit before the Westfest St. John Ambulance crew arrived on scene to administer first aid," a press release said. JOE LOFARO/METRO

# **CHEO.** Hospital telethon raises almost \$7 million

CTV's telethon to benefit the Children's hospital of Eastern Ontario (CHEO) raised a record breaking \$6,749,150, organizers announced Sunday.

"We are overwhelmed by the continued commitment this wonderful community has (to) our children and youth. During the weekend we featured a small sample of the patient stories that happen every day at CHEO," said CEO Kevin Keohane. METRO





### BELLEVILLE

324 North Front St (613) 969-0120

### BROCKVILLE

2399 Parkdale Ave (613) 345-3161

### CORNWALL

Cornwall Square (613) 936-2083

### GLOUCESTER

Gloucester City Centre 1980 Oailvie Rd., Unit 136 (613) 842-7285

2016 Oailvie Rd., Unit 6 (613) 746-4545

### KANATA

Hazeldean Mall (613) 271-1153

Kanata Centrum Shopping Centre (613) 599-9690

1261 Main St., Unit 12 (613) 836-0976

> 700 Eagleson Rd (613) 592-5098

499 Terry Fox Dr., Unit 65 (613) 595-1760

### KINGSTON

Cataraqui Town Centre (613) 634-9897

> Kingston Centre (613) 546-6043

122 Princess St. (613) 549-0315

### NEPEAN

130 Riocan Ave (613) 823-9240

Bayshore Shopping Centre (613) 726-7665

3777 Strandherd Dr. (613) 823-6909

### ORLEANS

2020 Lanthier Dr., Unit E2 (613) 590-0289

> 1675 10th Line Rd (613) 841-8485

### OTTAWA

901 Carling Ave (613) 238-7533

104 Rank St (613) 230-0202

1465 Merivale Rd (613) 224-9222

205 Richmond Rd. (613) 724-2674

1719 St. Laurent Blvd (613) 276-8585

2121 Carling Ave., Unit 87 (613) 798-1946

> 1200 St. Laurent Blvd Unit 248 (613) 746-8546

50 Rideau St., Unit 327C (613) 232-4800

110 Place D'Orleans Blvd. Unit 290

(613) 590-2237 2269 Riverside Dr., Unit 44 (613) 737-2071

> 690 Bank St. (613) 668-5499

530 Montreal Rd., Unit 526 (613) 745-6800

1379-A Woodroffe Ave (613) 225-6007

2515 Bank St., Unit 5 (613) 739-4775

> 363 Bank St. (613) 594-4555

### PEMBROKE

670 Pembroke St. W (613) 732-1602

1100 Pembroke St. E, Unit 210 (613) 732-1602

3435A Petawawa Blvd.

(613) 732-1492

GOGIE PRAY VOUCHER

Faster is better.

### GET THE SAMSUNG GALAXY S4™ ON **CANADA'S FASTEST & LARGEST** LTEMAX NETWORK!





With LTE Max, we dedicate more spectrum in more places.

CALL 1800 692-5192 | CLICK rogers.com/galaxys4 | VISIT your local Rogers retail store For more information on LTE Max, visit rogers.com/LTEmax



FREE PLAN CHANGES | UPGRADE ANYTIME ROGERS TECHXPERT™ | DEVICE PROTECTION | PRICE MATCH





«WIRELESSWAVE)

WIRELESS etc...















\*Available to new and existing customers with purchase of eligible device (Samsung Galaxy S4) and new activation on any Rogers post-paid plan between April 26 – June 30, 2013 with 3-yr. FLEXtab agreement. Subject to change without notice. Customers must have a Google Account and redeem online at rogerspromotions.com/galaxys4-gift before July 30, 2013. Google Play when the dectronically or via mail (Canadian mailing address required). Allow 6-8 weeks for delivers, Unint one voucher per mobile number. Not redeemable/refundable for cash and may not be combined with any other offer. Voucher expires September 30, 2013. ©2013 Google Inc. All rights reserved. Google Play is a trademark of Google Inc. \*\*Rogers & Mobius design are trademarks of Rogers Communications Inc. \*\*Communications Inc. \* Fastest based on tests comparing download speed vs. Bell and Telus' LTE networks and largest based on comparing respective network deployment of 2600 & 2100 MHz / 2 x 20 MHz blocks. LTE Max enabled device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Visit rogers.com/LTEmax for coverage details. For full details on Rogers Smartphone Freedom Advantage, visit rogers.com/freedomadvantage. ©2013 Rogers Communications.

metre 06 NEWS metronews.ca Monday, June 10, 2013

# Mark Hutt found guilty of murder for killing his wife

**Trial.** Automatic life sentence to be handed out after only a few hours of deliberation



It didn't take long for the jury to find "monster" Mark Hutt guilty of first-degree murder for leaving his wife Donna Jones to die in their basement for 11 days with third-degree burns after he scalded her with boiling water.

"Pay the piper now, you prick," shouted a member of Jones' friends and family, who were packed into an Ottawa courtroom Friday at 11 a.m. The jury was sent to deliberate

Thursday evening and met for little more than an hour Friday morning before they reached a decision.

Their verdict means that Hutt, 36, faces an automatic sentence of life in prison with no chance of parole for 25 years

"It's taken an enormous toll. It's such a negative impact for someone to die so young, so senselessly," said Derek Jones, the brother of 33-year-old Donna. "All she wanted to do was have a loving, caring family and this is what she got from an evil man."

Jones urged women in similar situations of abuse not to wait, but to get help as soon as they can. "There's lots of support networks out there," he said. "You are all good people, you just have a bad situation and there are lots of doors you

can open and people will open for you to get through it, to move on."

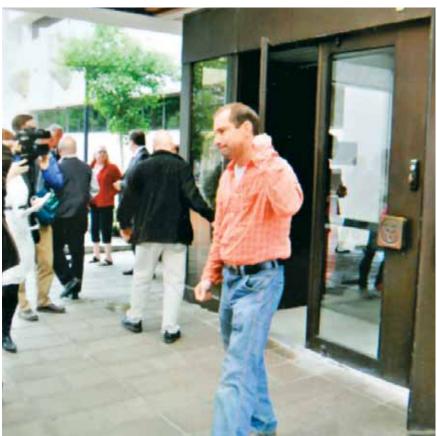
In the courtroom, Justice Robert Maranger thanked the jury.

jury.

"This was a tough case. The things you saw were things you couldn't imagine you would see," he said.

Maranger cited a series of shocking photos of Donna Jones' injuries and testimony from medical specialists that revealed she had been shot 30 times with a pellet gun, had her nose broken and sustained a series of other injuries before her death and in the years she knew Hutt.

Sentencing for Hutt has been put off until June 25 so that victim impact statements from Jones' tight-knit group of friends and her family can be prepared.



Derek Jones, the brother of battered and murdered woman Donna Jones, raises his fist in victory after hearing a guilty verdict of first-degree murder against his sister's abuser, Mark Hutt. GRAHAM LANKTREE/METRO



# TODAY ONLY

MONDAY, JUNE 10

Save \$700 \$6999 Regular \$1399.99

DELONGHI 'Magnifica S' fully automatic coffee centre

Programmable one-touch, easy-to-use control panel. Easily prepares cappuccinos and lattes. Compact size with all the features of a full-size machine. Also available in black. Made in Italy.

One Day Sales cannot be combined with other offers.

Save \$350 \$2999 Regular \$649.99

ZWILLING J.A. HENCKELS 'Pure' 7-piece knife block set

Made in Germany. Knives are forged from high carbon stainless steel and Friodur® ice-hardened for strong, corrosion-resistant blades. Unique, riveted handle with an ergonomic design for balance.

One Day Sales cannot be combined with other offers.





### NO INTEREST FOR 6 MONTHS, NO ADMIN FEE

when you use your Hudson's Bay MasterCard® or your Hudson's Bay Credit Card. Delivery charges and taxes are payable up front. On approved credit only. Minimum monthly payment required. See below for details. IN STORE ONLY.



SHOP IN STORE AND AT THEBAY.COM

# HUDSON'S BAY

PLUS, SAVE UP TO 50%

**WOMEN'S SPRING FASHION CLEARANCE** 

Selected brands. See store for details.

No rain checks and no price adjustments. No pre-orders. Offers available while quantities last. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See store for details. Special Payment Plans are available on approved credit with your Hudson's Bay MasterCard® or Hudson's Bay Cacount Agreement, then the terms and annual interest rate are set out therein. The billing period covered by each statement will be approximately 30 days. For full details, go to http://paymentplanhbc.com, call 1-800-263-2599 or see a store associate. Hudson's Bay Co., HBC, Hudson's Bay Rewards, The Bay and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One.** Capital One is a registered trademark. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. All trademarks used herein are owned by the respective entities. All rights reserved.

metronews.ca Monday. June 10, 2013

# 6-year sentence for St. Paddy's Day manslaughter decried as 'excessive'

**2011 brawl.** Judge says Ben Taylor is an 'excellent prospect for rehabilitation' due to his family's support



LANKTREE

oraham lanktree@metronews.ca.

The family and lawyer of a young man found guilty of manslaughter for the stabbing death of Scott Ledoux expressed dismay as he was sentenced to six years in prison Friday.

"The sentence he received ... is a little excessive given his age and the circumstances," said Pat McCann, attorney for 20-year-old Ben Taylor, who attacked Ledoux in his home during a drunken St. Patrick's Day brawl in 2011.

Taylor was ordered to serve



the remaining three years and nine months of his sentence after being held in custody since Ledoux's death. "He will have to serve about another 18 to 20 months," said McCann as he left an Ottawa courtroom Friday, explaining that Taylor will serve half of the remaining time before being given a shot at parole.

Crown attorneys asked

for an eight-year sentence, but given that Taylor was 18 at the time of the stabbing, Justice Charles Hackland said he showed leniency in sentencing. Previously, Taylor had been acquitted of second-degree murder by a jury. He has also been given a lifetime weapons prohibition.

"At the time he was being beaten about the head and face and was not in a position to consider his actions," said Hackland of the fight in Taylor's Orleans apartment when Ledoux, 22, attacked him after a day of drinking spun out of control.

Yet some of Taylor's relatives and supporters could not cope with the prospect of seeing him imprisoned.

"I've had it with this. It's a f—ing joke this justice system," shouted one man as he stormed off from McCann's meeting with Taylor's family and friends following the verdict.

Follow Graham Lanktree on Twitter @MetroGraham



NEWS 09

# South Africa prays for 'father of nation'

### **Nelson Mandela.**

Anti-apartheid leader battles grave infection; in serious condition

Nelson Mandela received visits from family members on Sunday at a hospital where the former president and antiapartheid leader was being treated for a recurring lung infection, while South Africans expressed their appreciation for a man widely regarded as the father of the nation.

There was no official update on 94-year-old Mandela after his second night in the hospital. His condition was described as "serious but stable" on Saturday.

The office of President Jacob Zuma had said that Mandela was taken to a Pretoria hospital after his condition deteriorated at around 1:30 a.m. on Saturday.

The anti-apartheid leader has now been taken to a hos-



Former South African president Nelson Mandela's granddaughter Ndileka Mandela, left, and daughter Makaziwe Mandela leave the Mediclinic Herat Hospital in Pretoria on Sunday. GETTY IMAGES

pital four times since December, with the last discharge coming on April 6 after doctors diagnosed him with pneumonia and drained fluid from his lung area.

Mandela was freed in 1990 after 27 years as a prisoner of white racist rule and won election to the presidency in all-race elections in 1994. He retired from public life years ago and had received medical care at his Johannesburg home until his latest transfer to a hospital. THE ASSOCIATED PRESS

Alleged abuse

# Ex-residents of orphanage seek class action

Former residents of a Halifax orphanage who claim they suffered years of abuse and neglect at the hands of their caregivers will take their case against the Nova Scotia government to court Monday. THE CANADIAN PRESS

First Nations

# Consensus beats confrontation, says Valcourt

Bernard Valcourt, federal minister of aboriginal affairs, says he understands why First Nations youth are rebelling, but says he senses more consensus with federal policies than confrontation. THE CANADIAN PRESS

Montreal

# Kosher eateries targeted in fire bombings

A kosher restaurant in Montreal has been the target of a firebombing for the second time in three nights. No one was injured. A nearby residence was targeted a night earlier. THE CANADIAN PRESS

# Canada celebrates decade of same-sex marriage

Ten years ago, their unprecedented wedding stood for hope, equality and inclusion.

A decade later, Michael Leshner and Michael Stark — Canada's first legally married same-sex couple — believe the battle to have their union recognized by the courts has made it easier for today's lesbian, gay, bisexual and transgender Canadians to feel accepted.

"Once you have marriage you have full equality. That was won that day," said Leshner.

The pair's quick civil ceremony in Toronto came just hours after Ontario's Court of Appeal pronounced the Canadian law on traditional marriage unconstitutional on June 10, 2003.

While Ontario was the first to legally recognize same-sex marriage, many other provinces followed soon after. Two years later, the federal government legalized same-sex marriage countrywide with the gender-neutral Civil Marriage Act. THE CANADIAN PRESS





metronews.ca Monday, June 10, 2013 metr⊕

# **Verizon story** source outed at his own request

The Guardian. Ex CIA employee Edward Snowden, 29, said his motive was to 'inform the public'; NSA seeks criminal investigation

A former CIA employee and National Security Agency contractor is the source of The Guardian's disclosures about the U.S. government's secret surveillance programs, the British newspaper reported Sunday.

The leaks have reopened a debate about privacy concerns versus heightened measures to protect against terrorist attacks, and led

**Edward Snowden said that** he lacked a high school diploma and enlisted in the U.S. Armv.

- After leaving the army, he got his foot in the door with the NSA working at a covert facility.
- He then worked for the CIA in information technology. By 2007, he was stationed in Geneva.

America's NSA to ask for a criminal investigation.

The Guardian said it was publishing the identity of Edward Snowden, 29, a former technical assistant for the CIA and current employee of defence contractor Booz Allen Hamilton, at his own request.

'My sole motive is to inform the public as to that which is done in their name and that which is done against them," said Snowden.

The NSA has been collecting the phone records of hundreds of millions of Americans. President Barack Obama has said the programs have been authorized by Congress and are subject to supervision. "What I can say is that in evaluating these programs, they make a difference in our capacity to anticipate and prevent possible terrorist activity.'

THE ASSOCIATED PRESS

### **Iournalism. U.S. state** snooping story prompts debate on source protection

A scandal over state snooping on journalists in the United States is prompting mediawatchers to consider new techniques to protect sources.

Anonymity of sources is considered sacrosanct among journalists and essential to their safety, reputation, and ability to act as public whistle-blowers.

But journalists are lagging behind when it comes to protecting sources in the digital era, critics say.

"There is a general lack of

awareness (among journalists) about what ubiquitous

surveillance looks like," said Jonathan Stray, who teaches at Columbia University. Everything from the websites you visit, the calls you make, and even your phone location are logged somewhere, Stray said. The same applies to reporters. Whistle-blowers are at particular risk. A week ago, The New Yorker unveiled Strongbox — a secure way for people to leak information to them. THE CANADIAN PRESS



### Canadian military

### **Defence survey** to shed light on silent crime

Results of an anonymous survey to be released in the fall by National Defence will shed more light on the extent of military sexual assault, including what has been called the silent crime of male-on-male rape.

Almost 68,000 troops, 86 per cent of them men, were asked last year to voluntarily complete the Canadian Forces Workplace Harassment Survey. It asks their gender, years of service and rank, along with 100 questions ranging from personal harassment to whether they've been raped. It's the first such survey since 1998. Results could provide valuable insight into the extent of sexual violence in the Canadian military - an issue that former soldiers and others say is rarely reported. The extent to which men are sexually assaulted by other men is even more cloaked in silence, they say. THE CANADIAN PRESS









metronews.ca Monday, June 10, 2013 **NEWS** 



### **Turkish PM's taunts bring** more protesters to streets

**After the speech.** Tens of thousands pack into Taksim Square: thousands more flood Ankara's central square

In a series of increasingly belligerent speeches to cheering supporters Sunday, Turkey's prime minister launched a verbal attack on the tens of thousands of anti-government protesters who flooded the streets for a 10th day, accusing them of creating an environment of terror.

Recep Tayyip Erdogan made the most inflammatory of his speeches as he arrived in the capital, Ankara. Erdogan belittled the protesters, again calling them "capulcu," the Turkish word for looters or vandals. He made his speech in Ankara on an opentop bus, which then drove into the city in a motorcade.

Anti-government protesters have turned Erdogan's label of them as "capulcu" into mocking slogans, printing stickers with the word, scrawling it on their tents and uploading music videos onto social network sites.

THE ASSOCIATED PRESS

### China. Nobel laureate's wife calls brother's jailing vendetta against family

A court sentenced the brother-in-law of China's imprisoned Nobel Peace Prize winner Liu Xiaobo to 11 years in prison Sunday — an unusually harsh punishment for a business dispute that Xiaobo's wife immediately decried as a vendetta against the whole family.

The court in suburban Beijing found Liu Hui guilty of fraud in a real estate dispute and issued the sentence after a brief hearing. Liu Xia, the defendant's

sister and the Nobel laureate's wife who is herself under house arrest but who was allowed to attend the trial, wept as she briefly stood and spoke to reporters outside a car that was bringing her home from the hearing.

Family members and their supporters have said the prosecution of Liu Hui is meant as further punishment of the Nobel laureate's family and is intended to intimidate other political activists.

Lawyers for the brother said he and another busi-



ness partner were accused of pocketing 3 million yuan (about \$500,000) that was claimed by another party to the transaction. According to the lawyers, the money has since been returned, and police after first investigating the case last fall dropped it and then revived the charges early this year.

THE ASSOCIATED PRESS

### Accused terrorist

### Harkat can have cellphone: Feds

The federal government says it will allow an Ottawa man accused of terrorist ties to have a cellphone, but balks at giving Mohamed Harkat access to the Internet or removing his electronic tracking bracelet.

The government says it is also open to dropping a requirement that Harkat, 44, get prior approval before travelling out of town. The concessions fall short of the full list of freedoms Harkat will seek Tuesday during a one-day Federal Court hearing. THE CANADIAN PRESS

### Quoted

"I feel dehumanized and dearaded on a daily basis."



Mohamed Harkat, an Ottawa man arrested on suspicion of being an al-Qaida sleeper agent.





metr⊕ **BUSINESS** 

### iRadio music service, iOS update expected at Apple conference

San Francisco. New look for iPhones, iPads could be most radical design change to mobile software since 2007

Apple is expected to reveal a digital radio service and changes to the software behind iPhones and iPads on Monday as the company opens its annual conference for software developers.

Apple hasn't said what it will unveil at the Worldwide Developers Conference in San Francisco. But the major announcements are expected during Monday's keynote presentation. Last year, Apple used the conference to announce its own mapping service, better integration with social networks and improvements to virtual assistant Siri. It also announced

- Observers think Apple will debut a musicstreaming service dubbed iRadio, and that it will be most similar to Pandora. an advertising-supported service that plays songs at random within certain genres for free.
- However, the Apple service is expected to feature a seamless way for listeners to purchase songs through iTunes.

thinner MacBooks with highresolution screens. The conference runs through Friday.

This year, Apple is expected to show off a simplified look on iPhones and iPads. If the speculation is correct, it would be the most radical design change since the iPhone made its debut in 2007, showing consumers that phones could do much more than make calls and exchange messages.

This week's event comes at an important time for Apple. The company's stock price has fallen amid concerns that another breakthrough product isn't imminent. Although CEO Tim Cook has said people shouldn't expect new products until the fall, Apple is likely to preview how future products will function in its unveiling of new services and features.

Monday's highlight is expected to be an updated version of iOS, the software that runs iPhones, iPads and iPod Touches. It will be called iOS 7 and will come with new devices expected to go on sale this fall. Owners of recent models such as last fall's iPhone 5 will likely be eligible for free upgrades. THE ASSOCIATED PRESS

### Skirting the issue

Swedish train driver Martin Akersten poses wearing a skirt in Stockholm on May 31. Akersten says he and more than a dozen other drivers and conductors in the Swedish capital have started wearing skirts in the summer as a protest against train company Arriva's uniform policy, which doesn't allow shorts. An Arriva spokesman says the company wants its staff to look "nice and proper," but can't stop men from wearing "women's clothes" if that's what they want because it would be discrimination, KIM IENSEN/THE ASSOCIATED PRESS

### Livestock

### Federal agency stopsinvestigating deadly anthrax

Canada's food regulator has stopped getting involved in cases of anthrax, a disease that can kill cattle, bison, other grazing animals and, in rare cases, people.

The Canadian Food Inspection Agency says it will no longer investigate and quarantine anthrax-infected farms, collect samples for testing, vaccinate livestock or oversee and help pay for the cost of disposing animals that die of the disease.

New rules that went into effect this spring say livestock producers, with the help of private veterinarians, are expected to take responsibility for preventing and dealing with anthrax.

Anthrax is caused by naturally occurring bacteria in spores in soil. The spores can become active during hot weather that follows heavy rains or flooding. Animals that ingest the spores can get sick and die very quickly. THE CANADIAN PRESS

### Work perk. Some firms let employees buy and sell their vacation time

Want more time off work to hang out at the beach? Need a little cash and have vacation days to spare?

Some U.S. companies are allowing their workers to buy and sell vacation time, a perk that gives workers more flexibility in managing their time

The novel approach might help employees buy some extra days off to take the trip of a lifetime or spend more time

with a newborn. Co-workers could sell off unused days to get some extra money.

"When times are a little tight, this benefit really doesn't cost a lot of extra money to employers to provide," said Julie Stich, research director for the Foundation International of Employee Benefit Plans. "It's offered by more forward thinking or flexible-type employers." THE ASSOCIATED PRESS

### **Crowdsourcing app helps Venezuelans** get around shortages of food, supplies



certain sought-after items can be purchased. ABASTECEME.COM

### Mashantucket, Conn.

### **Casino waitresses** resist toeing the line on high heels

Cheryl Haase has been serving cocktails for more than two decades, and the 52-year-old waitress says she has a list of foot ailments to prove it.

The miles she has walked carrying trays of drinks through the Foxwoods Resort Casino in high heels have sent her over the years to chiropractors and podiatrists for injections to treat

inflammation.

Now she and a union representing her fellow cocktail waitresses at the U.S.'s largest casino are fighting for the servers to wear shoes of their own choosing. Many have worked at the casino since it opened in 1992, and some see proposed new requirements as a bid to push them out and make way for younger workers.

"Most of us girls have been here for 20 years, 15 years. This job has really done a number on our feet and they know it," Haase said. THE ASSOCIATED PRESS

Harried Venezuelans who devote hours scouring supermarkets for increasingly scarce food basics and toilet paper have just received some digital help thanks to a young software developer.

A free application for mobile devices written by Jose Augusto Montiel lets people notify one another where flour, sugar, milk, cooking oil and toilet paper are for sale. It has been downloaded more than 12,000

Abasteceme, or Supply Me,

is Android-based and relies on Google Maps for geolocation. It leverages what is known in the tech world as crowdsourcing with users notifying one another where a certain product

Basic items such as wheat flour and butter have gone missing on store shelves throughout Venezuela. Economists government-imposed price control, while President Nicolas Maduro says greedy merchants are hoarding goods.

"From what I've seen so

far it's mostly toilet paper, followed by flour," Montiel said about what gets posted most.

The 21-year-old chemical engineering student in the western city of Maracaibo said most of Abasteceme's users were in Caracas when he first made the app available on the Google Play website on May 29.

"But now it has spread all over the country," he said.

He said it's been overwhelming keeping the server that hosts the application from crashing and attending to users, who he says are clamouring for him to include more products.

Montiel said he also deletes a lot of entries when people notify him that supplies of a certain product have sold out.

THE ASSOCIATED PRESS

He said he wants to work on an iPhone version but can't afford a Mac to do that. He said he's earning just enough to cover costs.

Developer Jose Augusto

Montiel, a 21-year-old

chemical engineering

student, said he has no

help beyond a sister who

assists with the program's

"I'm also working to de-

as a lot of people have

them in Venezuela," he

velop it for the BlackBerry

"People are asking for chicken, butter and soap above all." Abasteceme developer Jose Augusto Montiel, who says uelans are clamouring for him to include more products on the application

**VOICES** 

# COUNCIL TALKS, PUBLIC WAITS

For the arguments against Mayor Jim Watson's proposed insistence that any new casino be built at Rideau Carleton Raceway or nowhere at all, you could have asked the mayor himself last year.

My preference would be that it be in the downtown, close to transit, near the hotels, convention centre," Watson told reporters last April, stressing the importance of walkability and convenience for gamblers. "That's what makes a casino successful."

The last thing Watson in 2012 wanted to do was plunk a gaming emporium out in the boonies: "When we have convention delegates in the downtown core going to the convention centre and staying at downtown hotels it becomes a bit of a destination challenge

to get out to Scotiabank Place or out to Rideau Carleton Race-

The ground has shifted since then, and now the mayor's touting his proposal as the only way to keep the racetrack and its jobs viable, since the province has shown no interest in let-



**Steve Collins** ottawa@metronews.ca

ting it keep its slot machines once a new casino is up and running elsewhere. (Oddly, some otherwise reluctant councillors voted last fall in favour of throwing in with OLG for a new casino as the only way to save the track.)

The further-flung location may not be the best strategy for another of Watson's oft-stated goals, keeping some of the quarter billion taken in by Gatineau's Lac Leamy Casino on this side of the river.

Still, convenience isn't everything, and from some points of view, it's one of the worst

The Centretown Community Health Centre, which opposes a new casino generally, identified a downtown casino as the most efficient way to ramp up harm to those who can

least absorb it.

"We know that of the vulnerable populations that suffer from problem gambling, such as seniors, such as aboriginals, such as lower income, they are well represented in the downtown area," said the CCHC's Jeff Morrison, "so if you were to

put a casino in that location, you're just encouraging more vulnerable populations to access it.

If getting the casino out of downtown is one easy way to mitigate the damage it can do, Morrison has a list of other suggestions, like not serving alcohol everywhere in the casino, having ATMs on-site or staying open around the clock.

Even letting in a little daylight, he said, could help: "You go to any casino pretty much anywhere in the world, and you'll notice they never have windows because they don't want you to know what time of day it is.'

Some of these measures sound distinctly unlikely. For OLG, their private sector partner and municipal and provincial governments, revenue is job one, and possibly jobs two and three as well. The original point of OLG's entire modernization exercise was to increase Ontario's gambling take by \$1.3 billion a year.

And the suggestion box isn't exactly open at this point. There's been a grand total of one meeting so far at which the public could comment on the new casino, and most who spoke were against it. The city promises more consultation when OLG comes out with a concrete proposal, but for now, Ottawa residents aren't even in the game.

### **ZOOM**

### Some bodies stuck

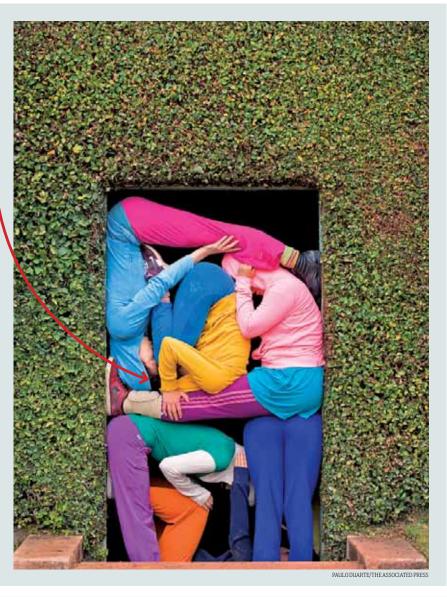
### Butt I can't see anything in here

Performers present the **Bodies in Urban Spaces** project from Austrian artist Willi Dorner at the Serralves Museum in Porto, Portugal, Sunday.

Party at Serralves is a contemporary art festival that hosts more than 200 events simultaneously on a non-stop 40-hour period, in the Gardens and in the Serralves Museum of Contemporary Art. THE ASSOCIATED PRESS

### Non-stop for 40 hours

- The festival is comprised of music. dance, theatre, circus, cinema, photography, exhibitions and workshops that light up the weekend.
- The party starts Saturday at 8 a.m. and goes until Sunday at midnight.



**Growers' program comes to fruition. Gardeners** expand to an orchard

### **News worth sharing**

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's

At the Orleans Community Garden, wild bunnies nibble on renegade squash growing beyond the fence, but it's The Ottawa Mission that receives the bumper crop.

Five years ago, Gina La-Pointe, president of the community garden, introduced the Plant a Row, Grow a Row pro-

gram to local gardeners.

Compost Council of Canada provided the seeds for two rows of vegetables - one for the gardener and one for donation. The program took root right away. Recently LaPointe tweaked the system, allocating two rows of the same vegetable, and allowing gardeners to plant whatever they wanted and do-

@metropicks asked: An adult candy maker created breast milkflavoured lollipops. What's your initial reaction?

The result? "Tons" of food for The Ottawa Mission each week.

"Everyone always has too many tomatoes, too many zucchinis," says LaPointe, who adds that eggplants, ground cherries and hot peppers are all welcome additions to the harvest for the shelter.

Now, these Orleans deners are moving from the ground to the trees, having just planted an orchard — its surplus fruit will also be do-

To pick up seeds and bring the program to your own garden, contact LaPointe at jcocg@hotmail.com.

### CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Email them for more information and to get involved. Send your stories to goodnews@metowe.com and we'll share them right here.

**@TerryToll:** What are these perves going to call them... 'Pornopops'?

Follow @metropicks and take part in our daily poll.

**VE WANT TO HEAR FROM YOU:** Send us your comments: ottawaletters@metronews.ca



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker
• Managing Editor, Ottawa Sean McKibbon • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Sales Manager Ian Clark • Distribution Manager Bernie Horton
• Vice-President, Sales and Business Development Tracy Day • Vice-President, Creater, Finance Phil Jameson • METRO OTTAWA • 130 Salere St., Suite 100 Ottawa, ON K1P 6E2 • Telephone: 613-236-5058
• Fax: 866-253-2024 • Toll free: 1-888-916-3876 • Advertising: 613-236-5058 • adinfoottawa@metronews.ca • Distribution: bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • Letters to the Editor: ottawaletters@metro



# Strombo brings style to CNN

### Network sea change.

New mandate and management has the purveyor of American news looking to branch out into new territory

It's a safe bet that George Stroumboulopoulos will be the first male CNN personality to wear two earrings and a skull ring from a designer who made one for Keith Richards.

Stroumboulopoulos, whose new nighttime talk show premiered Sunday, is more curious than dangerous, though.

The show gets a solid time slot for its debut, airing after the season finale of Anthony Bourdain's successful Parts Unknown. Then it will settle into a regular spot on Fridays at 11 p.m. Eastern for the summer and, if things go well, maybe beyond.

This is part of CNN's attempt to branch out beyond news programming at certain times, represented most prominently by Bourdain's show. The effort started before the arrival of new network boss Jeff Zucker — Stroumboulopoulos

had his first contact with the network last summer before Zucker arrived - but the enthusiasm continued with the change in management.

Stroumboulopoulos already hosts a nightly talk show on the CBC, where his friendly style seems to encourage celebrities to open up.

'I hope that people pick up something new about the person I'm interviewing and find out a way to relate to them," he said. "I want them to find a con-

For CNN, the show represents an old style for a new generation. Stroumboulopoulos, 40, said his interest in politics was fuelled less by politicians than by listening to the Clash and Public Enemy. He's eager to interview Snoop Lion, the former Snoop Dogg, on his show because he considers him such an important figure in hip-hop.

Rap artist Wiz Khalifa, comic Martin Short and actor Keanu Reeves were the guests on his first show.

Other confirmed interviews for the show's 10-week run include Betty White, Bill Maher, Sharon Stone and filmmaker Werner Herzog.

The show will tape before

a studio audience in Los Angeles. Stroumboulopoulos said he's not gunning for the job of CNN's other general interview program, Piers Morgan, and said he likes the way Morgan conducts interviews.

For the moment, he'll fit the CNN show in with a schedule that includes the CBC show (which airs twice in the evening) and a weekly music and talk program he does for a CBS radio station.

"This is what I do," he said. "I don't even have any dependents in my life. I don't even have a plant."

THE CANADIAN PRESS

## Archie film in works

Betting on the big **screen.** The iconic comic characters are poised to get a real-life makeover

Archie's old Riverdale gang is headed to the big screen.

Warner Bros. will produce a live-action film based on the comic's characters, including Archie, Betty, Veronica and Jughead, Archie Comics announced

It will be the first feature

film for the 72-year-old com-

Directing will be Jason Moore, who helmed the 2012 high school musical comedy Pitch Perfect. Glee writer Roberto Aguirre-Sacasa is penning the script.

In an interview Thursday, Aguirre-Sacasa said the present-day film will be "a quintessential teen movie."

"The idea for this is to capture a very truthful, authentic coming-of-age story with these kids that includes heartache, that includes pain, that will obviously temper the fun and the hijinks," said

Aguirre-Sacasa.

"It's going to be a fun hopefully - summer movie, but we're not shying away from the truth and the awkwardness and the growing pains of being a teenager."

The Archie comics have previously spawned several animated TV series since the 1960s. In 1990, NBC aired the TV film Archie: To Riverdale and Back Again.

"There are parts of the story that I think people will be surprised how dark and real it gets," says Aguirre-Sacasa.

THE ASSOCIATED PRESS



Aguirre-Sacasa has an interesting history with Archie Comics. One of his first plays, originally titled Archie's Weird Fantasy, was about Archie coming out of the closet. After legal action

production was changed to Weird Comic Book Fantasy with the characters' names changed. Aguirre-Sacasa is now on better terms with Archie Comics.

was threatened, the Atlanta

metronews.ca
Monday, June 10, 2013

DISH
15



### What's in a name? A lot of money, apparently

Scarlett Johansson is suing over the use of her name in The First Thing We Look At, a French novel by Gregoire Delacourt, according to the Hollywood Reporter.

The book features a character first believed to be Johansson until it is later revealed she is a look-alike.

Johansson is seeking

compensation and damages for "breach and fraudulent use of personal rights," and she's also seeking a ban on "future transfer of rights and adaptations of the book."

Delacourt, for his part, is "stunned" by the suit and says he chose Johansson for the story because she is the "epitome of beauty today."



## Watson not walking away

Emma Watson says she nearly gave up on show business after finishing up the Harry Potter series.

"I basically took two years out and stepped as far away from it as I could," she tells Total Film. "I mean, the Harry Potter films were still coming out, but I took time to really try and figure out who I was and what I wanted to do. I even considered not being an actress."

### METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



### George Takei mad at Twitter, everyone mad at Bieber



STARGAZING Malene Arpe scene@metronews.ca

George Takei urges his Twitter followers to "stop talking about Amanda Bynes" and instead read up on what's going on in Turkey. What? Lindsay Lohan is in Turkey?

Justin Bieber's neighbours in his gated community are reportedly fed up with his bad behaviour. They plan to have their servants picket his house and throw old gold at his cars.

A distraught Demi Moore is getting advice from an astrologer about her divorce from Ashton Kutcher. The astrologer told her that, seeing as Aries is rising in the Sun of late February, Demi should perhaps get some real help.

Benicio del Toro joins Marvel's Guardians Of The Universe. He will play an alien superhero whose secret power is to be really ugly and yet, undeniably, smoking hot.

Some source says that while Katy Perry and John Mayer are back together, they're "not putting a label on it." But only because they can't agree whether to go with "may contain certain heartbreak" or "expires as soon as someone more famous is available."

Taylor Swift is reportedly building a "special bedroom" for her touring partner Ed Sheeran in her mansion. Which explains the sad whimpers coming from the basement where she's keeping him until the room is finished.

Jada Pinkett Smith says she and Will Smith enjoy stopping at the 7-Eleven for ice cream. But not as much as they enjoy firing idiot assistants who come up with lame-ass quotes to make the Smiths appear like totally ordinary folks.



## Re-Branding his love life

Russell Brand has been spotted out and about in both L.A. and London with Alessandra Balazs, the 23-year-old daughter of hotelier Andre Balazs.

Alessandra has been dropping hints here and there that the pair may be dating, including a recent photo posted to Instagram of a stack of books that included Brand's memoir My Booky Wook. A source tells the Daily Mail that they are in fact quite serious.

"Russell and Alessandra have been quietly dating for months now and have even gone on holidays together," the source says. "They really are so cute together."



### Elton, don't dress gay. Now here, wear these leather boots and fur hat

Elton John's fashion choices are getting some unwelcome attention in the Russian city of Krasnodar, where he's set to perform a concert next month.

Mikhail Abramyan, of the group Communists of Russia, condemns John's wardrobe as "homosexual propaganda" and wants him to instead perform in the traditional Cassock uniform of a "kneelength caftan, a fur hat and leather boots," according to E! News.

Abramyan and his organization are threatening to protest the show if John doesn't comply.



### @Harry\_Styles

Jet lag took over, I fell asleep on the floor in my clothes. A meter from the bed. So close.



### @TomArnold

I swear my only goal in life right now is to learn to feed, burp, change and swaddle with the speed and efficiency of a Nascar pit crew.



### @kirstiealley

F you spellcheckers on here..Illusive IS spelled illusive..crikey!! Last time I listen to you vomitus beasts

### Let's go ride a bike

## Welcoming your kids to the wheel world

YummyMummyClub.ca CEO and avid Cadbury Bicycle Factory supporter Erica Ehm speaks to the unexpected education one can acquire on a bicycle.

### What can young ones learn from getting on a bicycle for the first time this summer?

The first bike ride is a real bonding moment between parent and child. It's really their first big opportunity for independence. It's a very special moment. It can be tough for them at first — but it teaches persistence and fitness. It's a very important message to instill in your kids, that it's important to go out and play. METRO

In Africa, bicycles have a profound impact on students' lives. A bike can cut travel time to school by up to four hours a day.

- The Cadbury Bicycle Factory is an initiative that has built more than 18,000 bicycles to help students in Africa get to school every day.
- By playing a free online game, kids can prompt



Cadbury to continue to donate the individual parts that will make up a full bicycle for a student in need.

• Visit thebicyclefactory.ca to participate

### **Exclusively Online**

How do you come up with so many ways to procrastinate bedtime?
Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

# Want to be healthier? Juggle a family and a full-time job

New study. Our expert weighs in on a report claiming moms who work outside the home enjoy better mental and physical health



IT'S ALL RELATIVE Kathy Buckworth, kathybuckworth.com

A recent survey found women who worked full time outside the home after having children had better mental and physical health by age 40 than those who had not.

This has of course raised interest, as one might assume that working full time while managing a family would be more stressful, and stress is a known factor in contributing to mental and physical challenges.

It would appear that this isn't necessarily accurate. Why would this be?

Personally, I'm not entirely surprised by the findings. I think Albert Einstein had stayat-home moms in mind when he defined the word "insanity" as "doing the same thing over



and over again and expecting different results."

Have you ever been at home with young children? Have you tried to get them to clean up their rooms, pee into the toilet or stop hitting their sister?

No matter how many times they are told (clearly it is not "nagging" when it is simply giving them excellent advice), the outcome is often the same.

Nothing changes. At least

not immediately, and not without years of bribing and threats.

Add to that the fact that my research (I drove around a bit) shows that there isn't a big list moms can carpool to at the end of the day in order to check off:
a) continued successfully raising child, b) ensured food was edible and in good portion size and c) minimum health standards were met.

Many moms at home just

don't get to feel that sense of accomplishment that comes with actually moving something forward and affecting change. Not in the short term, at any rate, and one of the most distressing things a parent of young children can hear from parents of older children is that it "never gets easy."

There's no such thing as a performance review when you're on the home front: except for the ones you get from snarly teenage girls who aren't necessarily focusing on your positive attributes, as the ones in a professional work environment might. Unless, "You suck" is now a good thing in the way that "that's so sick" has become. (I do try.)

The reward system for moms at home also leaves something to be desired. In that there really isn't one, except for the playground high fives you exchange with a friend when your kid wasn't the one kicking someone else off the slide.

Compare this to the workplace, where most employees can expect to be treated with a modicum of respect, have performance reviews which don't include door slamming (to be fair, there aren't any doors in most cubicles), and best of all, they get to take on new responsibilities with the positive achievement of old ones.

Being relieved at duties you've perfected is something moms at home never get to experience. Until the kids are the ones to leave home, that is.

KATHY'S NEW BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE AT BOOKSTORES EVERYWHERE. FOLLOW KATHY ON TWITTER @KATHYBUCK-

### Preventing unplanned pregnancy at any age

### LINDA CLARKE

Metro World News in New York

There are around three million unplanned pregnancies every year in the U.S., and though it's an issue often associated with teenagers, a proportion of women this happens to are older, and some are married.

So, Dr. Hilda Hutcherson,

a Columbia University Medical Center professor of clinical Obstetrics and Gynecology, gives us a refresher course on our options for making sure a baby doesn't catch us by surprise.

### Birth control pills

You can still take them well past your teen years, Hutcherson says. "It's a safe option for women of all ages. Initially, when it was first passed, it was recommended for women until age 30, then it was age 35, but now most women can safely use it right into their 40s until they reach menopause."

### Condoms

"Condoms work great if people use them consistently and right from the beginning of intercourse. The female condom is wonderful. I thought it was going to be popular, but it's large and makes slurping noises during sex. The newer ones are less noisy, but it's not caught on."

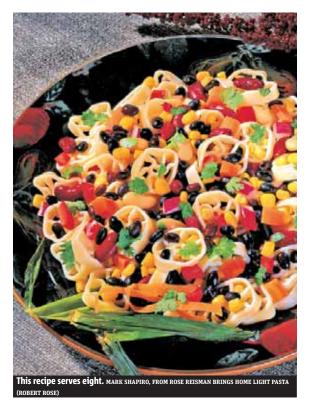
### IUDs

They're convenient and have undergone major improvements, Hutcherson says. "Women stopped using IUDs because of infections, which caused infertility. But modern ones are smaller and improved. Even young women who haven't had children can use them."

### The morning-after-pill

"This should only be used in emergencies and not relied on as a form of contraception," Hutcherson says. metronews.ca Monday, June 10, 2013 **FOOD** 

## A dish just for the nibblers





ROSE REISMAN ner on twitter @rosereisman

This Corn and Three Bean Salad is a great summer pasta salad loaded with fibre and protein from the beans.

- 1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and place in serving bow.
- 2. In small skillet sprayed with vegetable oil sauté corn for 5 minutes just until slightly charred. Add to serving bowl.

Per serving: 277 calories, 10 g protein, 7 g total fat, 0.6 g saturated fat, 46 g carbohydrates, 293 mg sodium, 0 mg cholesterol, 7 g fibre

- 3. Add all three beans, red peppers, carrots and onions.
- 4. Make the dressing: In bowl combine lemon juice, oil, vinegar, garlic and cilantro. Pour over dressing and toss.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REIS-

Equivalent

Healthy eating

Choose it and lose it

One Red Lobster warm chocolate lava cookie is equivalent in calories to 20 Oreo cookies.

### Red Lobster warm chocolate lava cookie

After you finish your seafood feast, it's only natural to check out the dessert menu. Steer clear of overindulging though.

ROSE REISMAN osereisman.com or follow

1,070 calories / 51 g fat Indulae once too often in this cookie with a molten chocolate centre, topped with vanilla ice cream and drizzled with chocolate sauce, and you'll pack on the pounds.





### **Red Lobster New York** style cheesecake

520 calories / 36 g fat

At half the calories and much less fat, you're still best to split this creamy cheesecake.

- 8 oz pasta wheels or small shell pasta
- 3/4 cup canned corn niblets, drained • 1 cup canned black beans or
- chick peas, drained • 3/4 cup each canned red
- and white kidney beans, drained • 1 1/4 cups diced red peppers
- 3 tbsp white balsamic vinegar • 2 tsp crushed garlic
  - 1/2 cup chopped cilantro

• 3/4 cup diced carrots

• 1/4 cup lemon juice

• 3 tbsp vegetable oil

Dressing

• 1/2 cup diced red onions

### **Lunch.** Grilled Romaine with Blue Cheese Dressing



- **1.** To make the dressing, in a medium bowl combine the mayonnaise, sour cream, blue cheese, lemon juice, shallot and garlic. Mix well, then season lightly with salt and pepper. Cover and refrigerate for at least 3 hours to allow the flavours to develop. The dressing keeps for up to 2 weeks in the refrigerator.
- **2.** When ready to prepare the salads, heat the grill to
- 3. Lightly brush all 4 romaine halves on all sides with olive oil. Season with a bit of salt and pepper. Using a pair of tongs, place the lettuce directly on the cooking grates, cut side down. Cook for 2 to 3 minutes. Do not grill longer; the lettuce should be slightly raw and crunchy at the centre. Remove to clean platter and let rest 5 minutes.

**4.** Place each half on a serving plate, then drizzle with blue cheese dressing and top with the diced bacon. Serve immediately. THE ASSOCIATED PRESS/ ELIZA-BETH KARMEL, AUTHOR OF THREE COOK-BOOKS, INCLUDING SOAKED, SLATHERED

- 1/4 cup mayonnaise
- 2 tbsp sour cream
- 2 oz crumbled blue cheese (more or less to taste)
- 1 tsp lemon juice
- 1/2 tbsp grated shallot
- 1 clove garlic, grated
- Kosher salt and ground black
- 2 hearts of romaine lettuce, halved lengthwise • Olive oil
- 4 slices apple wood smoked bacon, diced and cooked

# Because a salad isn't a salad without some grilled shrimp

- 1. Heat a grill to medium-high.
- 2. In bowl, stir marmalade, brown sugar, 1 tsp salt, lime zest, rum, coriander and red pepper flakes. Add the shrimp, stirring to thoroughly coat.

- 2 tbsp orange marmalade
- 1 tbsp dark brown sugar
- Kosher salt
- . Zest of 1 lime
- 1 tbsp dark rum
- 1 tsp ground coriander
- 1/2 tsp red pepper flakes
- 1 lb raw large shrimp, peeled
- 2 ears corn, husked • 10-oz container cocktail
- Olive oil
- Ground black pepper

(small) tomatoes

- 1 clove garlic, minced 7est of 1 orange
- 8 slices of baquette
- 1 jicama, peeled and diced • 1 avocado, pitted, peeled
- and diced • Juice of 2 limes
- 1 bunch cilantro, roughly chopped
- 4 oz soft goat cheese

- **3.** Arrange the corn and tomatoes on a rimmed baking sheet and drizzle with olive oil. Sprinkle with salt and black pepper.
- **4.** In bowl, stir garlic, orange zest and 2 tablespoons of olive oil. Brush over both sides of each slice of baguette.
- **5.** Arrange shrimp, ears of corn, and tomatoes on the grill and cook until shrimp are cooked through and pink and the corn and tomatoes are beginning to char. Add the baguette slices and grill until lightly charred. Transfer to a platter and allow to cool slightly.
- **6.** Meanwhile, in a large bowl, toss together the jicama, avocado and lime juice.
- 7. Slice corn kernels off cobs. To do this, one at a time stand each ear on its wide end and use a knife to saw down length of the cob. Add the kernels to the jicama-avocado mixture. Add the tomatoes, shrimp and cilantro. Stir gently. Crumble the goat cheese over the top and serve with the toasted bread. THE ASSOCIATED PRESS



This recipe serves four, MATTHEW MEAD! THE ASSOCIATED PRESS

metronews.ca Monday, June 10, 2013

# Don't bring the beach to your business: Shedding light on sunny-season attire

Who wears shortshorts? Perhaps you do on your off-time, but try to be mindful of making your coworkers uncomfortable

### MARY WHEELER Metro World New

It's finally summer, that sweet time of year when we get to shake off our winter doldrums and shed the extra layers of clothing we've been bundled in for the past six months. But though the long, hazy days ahead are synonymous with relaxation, this doesn't necessarily translate to your work wardrobe. It may be beach weather out there, but that doesn't mean you can start showing up to the office looking like you're headed to the shore. We asked four style experts in Boston to weigh in on the summer staples that are appropriate for the workplace and those you should save for those weekend seaside jaunts.

### Do: Coloured jeans

While jeans are typically seen as a "Friday only" look, a pair with a pop of colour is a great way to show off your personality. The right coloured jeans definitely do work at the office, says Dani McDonald, owner of Flock. "It's a great way to incorporate the colours of the season into your work attire," says McDonald. For a dressier look, McDonald recommends pairing your jeans with a silk blouse or a well-pressed shirt — with collar unbottoned at top.



### Do: Florals

Think a fun floral print is too youthful for the office? Think again! "Floral (dresses) are on trend and work perfect for the office," says Ann Dingwell, owner of Turtle.

As long as the dress is the proper length, and not too low-cut, they're an office do, says Dingwell. To keep warm in AC blasted offices, Dingwell recommends pairing dresses with a jacket or light-

weight cashmere cardigan. Guys may want to add a pop of colour with a floral tie design, perhaps a nice paisley.

### Don't: Maxi dresses

While long, flowing maxi dresses are both incredibly comfortable and versatile enough for most occasions, they don't pass for professional office attire.

"Maxi dresses tend to (either) be a little too casual (think beach wear or bathing suit cover ups) or too dressy for a formal work environment," says Pam Santorelli, owner of Habit.

Santorelli recommends saving the maxis for the weekends, when you can dress them up—or down—as needed.

### Do: Tank tops and T-shirts

Gone are the days when baring shoulders at the office was a nono. Tank tops are great layering pieces for work, just remember to save the rib-knit tanks for the gym. "Tank tops in the office are a do if they're dressy," says McDonald.

To keep the look work appropriate, McDonald suggests something structured, like a peplum tank, paired with a skirt

Guys may want to avoid a printed Tshirt, but a solidcoloured or patterned T worn with a cardigan or sports jacket offeres a light and fresh look.

### Summer rules

### Our experts also tell us

- If you're wearing opentoed shoes or sandals, a pedicure is a must, says Dingwell.
- You should invest in a good strapless bra. Bra straps, especially plastic, shouldn't be seen, says Benson.
- Lightweight dresses can be a little shear, so wear a slip, says Santorelli.
- If you're not a fan of denim, then coloured khakis are a great option, says Benson.

### Don't: Shorts

While shorts can exude a preppy confidence, Emily Benson, founder and owner of The Fashion Truck, a mobile fashion boutique, recommends steering clear of them.

"There are few occasions and few styles of shorts that actually work for a business setting," says Benson. So when it's 90 degrees out there and pants just won't do, go for a dress.

### Don't: Flip-Flops

While these casual sandals are many people's go-to footwear on a swelteringly hot day, flipflopping your way to your desk won't win you any marks at the office. Flip-flops should be worn only at the beach, says Benson.

Guys, this goes for you too.

## Become a Respected Security IT Professional

### Network System IT Security Professional (52 weeks)

This Diploma program is a first of its kind in the Ottawa Carlton Region The new paradigm in Career Skills Training with a Fortune 500 Corporation

Job opportunities in: Certified Network Security Associate - Security Technical Representative - Security Engineer Professional - Security Network Administrator - IT Integration Manager, Management Information System Manager



Ottawa • 613-233-1128 • williscollege.com
Other Campus: Smiths Falls, Amprior

metronews.ca
Monday, June 10, 2013

WORK/EDUCATION 19



# From page to prosperity: Get ahead with a good book

Whether you've just finished another year at school or are fully immersed in a full-time job, we beckon you to spend at least some time this summer at the beach, cottage, campground or park buried in some wonderful books. Read and enjoy — or challenge — any of these picks, just make sure you take some time to dust off your library card and pick through some pages this summer.

### NAOMI BROWN

### What The CEO Wants You To Know

### By Ram Charan

### The draw

This book provides the new grad with a comprehensive overview of business concepts in an easy-reading style, and presents you with all of the key business knowledge you should have when you first jump into the work force.

### The take away

Your take aways from this book will vary depending on your own personal background. A business major may find it simplistic, but pretty much everyone else will find value in the comprehensive information that is presented in the

book, and be able to apply that knowledge to improve their own understanding of personal perform-



### Getting Things Done By David Allen

The draw

In Getting Things Done, Allen outlines concrete methods for time management that will allow you to increase your productivity through easy-to-follow process maps and methods that are not complicated

to implement but

which will make big changes to your productivity.

### The take away

Allen argues that by following a structured system of organization, you can clear your

mind of the stress that continually pops up from incomplete items and focus better on the work at hand. This improves both your ability to complete work on time and also work on a more engaged and productive level.

# The 7 Habits Of Highly Effective People

### By Stephen R. Covey

The draw

The 7 Habits Of Highly Effective People is a book that presents real, concrete concepts (with only a dash or two of the new-age, hippie stuff) that you can utilize to increase your effectiveness in your role.

### The take away This is not a book you read once

you read once and put away; it's a reference guide as much as it is anything.

Much of the benefit comes from continually reviewing



grads and students, The 7 Habits can lay the groundwork for working through so many of the issues you will encounter during your career and sets the stage

for becoming a successful,

### How To be Exceptional By various authors

The draw

How To Be Exceptional is on this list because it presents a compelling leadership development method that runs counter to much of the information that is currently prevailing in the business world. Although it's geared toward leaders,

it's also applicable for new grads.



The take away This book

This book will highlight for you the importance of magnifying your strengths by introducing the concept of cross-training in order for you to develop similar competencies to the skills you already do well.

# CCESS LANGAUGE SCHOOL \* TRANSLATION SERVICE "Bilingue en peu de temps"

### SUMMER FRENCH FOR GOVERNMENT JOBS!

90% Pass Rate with 200 Hours

BEGINNER, INTERMEDIATE, ADVANCED SMALL CLASSES • FREE EVALUATION

### **GROUP CLASSES STARTING JUNE 18, 2013**

6 week mini-immersions - Summer Session

177 promenade du Portage (across from Place du Portage govt bldgs) — day

St. Laurent Mall (at Herzing College) — evenings

Private/Semi-Private • SLE renewal

"A public service commission diagnostic test recommended that I would need 840 hours of training. My total training hours were 174 and a final profile of CBB. I highly recommend Success Language School and the methodology used for those wishing to attain their linguistic requirements in a timely, effective manner." — Drew (govt employee)

**OTTAWA • ORLEANS • HULL** 

www.successlanguageschool-ecolesucces.com

613.795.5773

# COLLEGE DIPLOMAS IN HEALTH CARE!



**CLASSES STARTING MONTHLY** 

Fitness and Health Promotion Medical Office Assistant Personal Support Worker Pharmacy Technician

Pharmacy Assistant - NEW PROGRAM

LGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

# ALLOW US TO INTRODUCE OURSELVES

Express Employment Professionals has a NEW office in your area. Visit us online to see what staffing and employment opportunities await.





1005-130 Albert Street • 613-565-XPRS (9777) ottawaon.expresspros.com

metr⊕ **WORK/EDUCATION** 

# Kicking it off once the cap comes off

The parties, the pictures, and now, a **profession?** How to get your game face on after graduation

For post-secondary graduates receiving degrees and diplomas in the weeks ahead, excitement over completing their programs may be tempered by the grim job landscape for Canada's young people.

The latest labour force survey from Statistics Canada revealed a decline of 19,000 jobs for youth aged 15 to 24 in April. The youth unemployment rate was at 14.5 per cent last month, little changed compared to a year earlier and more than double the national average. "When you see numbers like that, it can often give you the impression there really aren't many jobs available in your area," said Shirin Khamisa, a Toronto-based career counsellor and founder of Careers by Design.

"Be very realistic and realize there is a general climate where there are less jobs, but that doesn't mean you won't be able to secure a job that's right

Khamisa and other experts share three ways for job-seeking grads to distinguish themselves in a competitive job market and work toward kickstarting their careers.

### **Build a network**

Do you have any professional contacts in your area of study or field of expertise? If not, there's no time like the present to start making connections. Attending industry events, joining a professional umbrella organization or engaging with individuals working in the field to ask about key needs in their area — and how you can fill them — could help build your network, said Khamisa.

"That's the really powerful thing in a job search when it's a tighter market — to get that face time with people who are in the field you'd like to work

Another good way to obtain information and build a network is through informal interviews, said Bruno Castilloux,



manager of career services at the University of Ottawa.

He suggested researching the company of interest to craft precise questions before calling to speak briefly with a representative to learn more.

### **Keep connected**

career college in Ontario with more

While many people will be keen to "jump right into job-search mode," Khamisa said that's not the best way to start a relationship with a potential

"Be very realistic and realize there is a general climate where there are less jobs, but that doesn't mean you won't be able to secure a job that's right for you.'

Shirin Khamisa

contact. Khamisa said the job search should be a time of exploration. It's often easier when individuals are initially seeking out information and learning about a particular industry and the needs of an organization before hunting for a specific position, she noted. "Reaching out and connecting takes courage ... and I guarantee you there will be times where people don't get back to you or are just too busy or aren't receptive," she

"But the magic happens when you persevere and you keep going. And eventually, you will connect with a group of people who will help you and

- Many organizations use social networking sites like LinkedIn for recruitment purposes, but Khamisa said establishing an online profile can offer added benefits.
- Beyond fostering connections, job seekers can be exposed to professional groups who convene online, she noted.
- In many fields, social media and other techrelated skills are becoming

increasingly necessary for doing an effective job and working efficiently, Khamisa said.

She recommended observing how others in the field are making use of digital tools as a key first step. Bragge said those with an existing online presence - such as a Facebook page - should ensure that they "clean up" their social media profiles because prospective bosses could be watching.

support you as you move forward." Khamisa added she once had a client who developed 10 contacts through cold calling. She continued to keep in touch over several months and ended up getting three different job offers. Placing a phone call isn't just limited to maintaining professional contacts.

When individuals reach the stage where they're submitting applications, a followup call is another way to show initiative, said Danielle Bragge, a partner with The Headhunters, a Canadian recruitment firm. It doesn't have to be aggressive. The process can be as simple as an introduction, mentioning your interest in the opportunity you've applied for and highlighting three quick reasons you'd make a great addition to the team, Bragge said.

THE CANADIAN PRESS

**NESPRESSO** 



CALL NOW FOR MORE INFORMATION! 1-877-395-4032

www.EverestCanHelp.ca

OTTAWA EAST • OTTAWA WEST

Everest COLLEGE Everest College is the largest private career college in Ontario with more

16 Convenient Locations in Ontario

# passion for coffee! Adecco is filling numerous managerial and customer service positions with Nespresso.

### **APPLY IN PERSON AT OUR DOWNTOWN OPEN HOUSE!**

Share your

WHEN Wednesday June 12, 12:30 - 4:30 pm

WHERE 1 Nicholas Street, **Suite 1502** 

### **PLEASE BRING**

- a copy of your resume
- 2 work references
- SIN card
- 1 valid piece of government-issued photo ID
- void cheque

Adecco

better work, better life

adecco.ca

# Blue Jays blow gasket with chance to break out brooms

MLB. With game and series sweep there for the taking, Toronto's Bautista loses cool as Rangers salvage finale

The Texas Rangers used the long ball to get in position for a comeback win on Sunday.

A lack of focus from Toronto slugger Jose Bautista in a big ninth-inning situation helped them seal the victory.

Nelson Cruz, David Murphy and Adrian Beltre homered as the Rangers scored six unanswered runs in a 6-4 victory over the Blue Jays at Rogers Centre. Texas (37-25) salvaged the finale of the three-game series and ended Toronto's threegame winning streak.

The Blue Jays (27-35) had the potential winning run at second base with one out in the ninth and Bautista at the plate.

The Toronto slugger didn't like a called strike by umpire Gary Darling and it appeared to rattle him for the rest of the atbat. When Bautista struck out, he jawed with the umpire and was ejected from the game.

Bautista has never been shy in voicing displeasure with umpire calls. Manager John GibOn Sunday





Rangers

Blue Jay

bons said he's not concerned that his slugger might be getting a reputation.

"It doesn't help him, that's for sure," Gibbons said. "But it really hasn't been a problem this year. Today it kind of blew up but look over the season, it really hasn't been an issue. So we've just got to move on."

Bautista declined to speak with reporters after the game.

Rangers closer Joe Nathan got Edwin Encarnacion to pop up to end the game.

"We're going through some tough times but nobody's going to feel sorry for us," Encarnacion said. "We have to find a way to get wins."

Toronto looked to be on its way to a series sweep after Adam Lind hit a three-run homer in the Jays' four-run third inning. But the Rangers chipped away at starter Josh Johnson and trailed by just a run after five innings.

THE CANADIAN PRESS



### Fleury still No. 1, says Pens coach Bylsma



As the Pittsburgh Penguins embark on an off-season that figures to include significant changes, coach Dan Bylsma insists the goalie position won't be one of them.

Bylsma called Marc-Andre Fleury "a franchise goalie ... this franchise's goalie" on Sunday, one month to the day after Tomas Vokoun made his Penguins post-season debut as Pittsburgh's starter.

Fleury had started every Penguins playoff game since being taken with the No. 1 overall draft pick in 2003 until Bylsma opted to go with Vokoun for Game 5 of a first-round series against the New York Islanders, fuelling speculation he might be traded or bought out this

### Hoping for another chance

### "I like it a lot here and don't want to go anywhere else."

Penguins goalie Marc-Andre Fleury

summer

Not so, Bylsma said Sunday.

"Marc-Andre Fleury — I'm not sure the definition of 'franchise goalie,' (but) he's our No. 1 goalie," Bylsma said two days after the Boston Bruins completed a stunning sweep of the Penguins in the Eastern Conference final. "He's a No. 1 goalie for this franchise and he will be going forward."

THE ASSOCIATED PRESS

### NHL playoffs

### Hawks-Bruins set up Original 6 final

The Chicago Blackhawks and Boston Bruins will face off in the first Stanley Cup final to feature two Original Six teams since 1979. Chicago ousted the Los Angeles Kings with a 4-3, Game 5 win Saturday. The final gets underway Wednesday in Chicago. THE ASSOCIATED PRESS

### Basketball

### Wiggins puts Team Canada on hold

Canadian phenom Andrew Wiggins won't be playing for the junior men's national team this summer. Wiggins, the frontrunner to go No. 1 overall in 2014's NBA draft, has decided to focus on his freshman season at the University of Kansas. TORSTAR NEWS SERVICE



### Golf

### English holds off big boys at St. Jude

Harris English won the St. Jude Classic on Sunday in Memphis, Tenn., for his first PGA Tour title, birdieing two of the final three holes to hold off Phil Mickelson and Scott Stallings by two strokes.

THE ASSOCIATED PRESS

### NASCAR



"Jimmie was in a league of his own."

**Greg Biffle,** who placed second behind Jimmie

Johnson at Pocono Raceway on Sunday in Long Pond, Pa. The Sprint Cup points leader Johnson, who pulled away on the last two restarts over the final 10 laps, absolutely dominated Sunday for his third victory of the season.

metr⊕ **SPORTS** 

# Nadal eats up Ferrer for his 8th French Open title

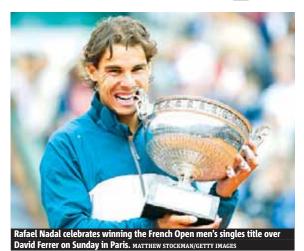
### Making history.

Rafa lays claim as the only man with eight titles at any Grand Slam tournament

If Rafael Nadal truly was going to be challenged, if his bid for an unprecedented eighth French Open championship would be slowed even a bit, this might have been the moment.

Leading by a set and a break 70 minutes into Sunday's final against David Ferrer, another generally indefatigable Spaniard, Nadal faced four break points in one game. The last was a 31-stroke exchange, the match's longest, capped when Nadal absorbed Ferrer's strong backhand approach and transformed it into a cross-court backhand passing shot.

Ferrer glared at the ball as it flew past and landed in a



corner, then smiled ruefully. What else was there to do? Dealing with Nadal's defenceto-offence on red clay is a thankless task. His rain-soaked 6-3, 6-2, 6-3 victory over Ferrer was Nadal's record 59th win in 60 matches at the French Open

and made him the only man with eight titles at any Grand Slam tournament.

"I never like to compare years, but it's true that this year means something very special for me," Nadal said, alluding to the way he managed

Serena Williams won her 16th Grand Slam title and her first French Open championship since 2002 on Saturday, relentlessly chasing down one shot after another to defeat familiar foe Maria Sharapova 6-4, 6-4.

Since losing in the first round in last year's French Open, Williams is 74-3, including titles at Wimbledon, the U.S. Open, the London Olympics and the season-ending WTA Championships.

to come back from a left-knee injury that sidelined him for about seven months.

"When you have a period of time like I had," he added, "you realize that you don't know if you will have the chance to be back here with this trophy another time." THE ASSOCIATED PRESS

### Formula One. Vettel easily cruises to first win at Canadian Grand Prix

Sebastian Vettel wasn't losing any sleep over never having won the Canadian Grand Prix, but when he finally did it, he did it in style.

The triple world champion for the Red Bull team pulled out to a comfortable lead from pole position and was never threatened as he added the Canadian GP to his list of 29 career Formula One wins on Sunday afternoon.

The German, who has a commanding 36-point lead in drivers standings, took the checkered flag 14.4 seconds ahead of Ferrari ace Fernando Alonso, his closer pursuer on the track and in the stand-

"It is important to us, but wasn't desperate to win here," said Vettel. "I think we had strong results in the past.

"It wasn't a shame coming in here not having won this race, so I wasn't desperate when I got up this morning, thinking 'I have to win, I have to win.' But I was very pleased because it's a very

### Tragedy at the track

A race-track worker at the Canadian Grand Prix in Montreal was killed Sunday after being crushed by a crane shortly after the Formula One race ended.

- The Grand Prix's promoter said the man was escorting the crane as it moved a Sauber car that had gone off the track during the race.
- "The worker was helping to recover a car, which had stopped during the race," Matteo Bonciani, F1's head spokesman, said as he read a statement to reporters at Circuit Gilles Villeneuve.

Vettel raced nicely himself, winning for the third time this season.

THE CANADIAN PRESS

### **NHL PLAYOFFS**

### **STANLEY CUP FINAL**

(BEST-0F-7; All Times Eastern) CHICAGO (1) VS. BOSTON (4)

Wednesday's game Boston at Chicago, 8 p.m. Saturday's game Boston at Chicago, 8 p.m. Monday, June 17

Chicago at Boston, 8 p.m. Wednesday, June 19 Chicago at Boston, 8 p.m. Saturday, June 22 x-Boston at Chicago, 8 p.m. Monday, June 24

x-Chicago at Boston, 8 p.m. Wednesday, June 26 x-Boston at Chicago, 8 p.m.

x - played only if necess **SCORING LEADERS** 

	G	Α	Pts
Krejci, Bos	9	12	21
Horton, Bos	7	10	17
Malkin, Phg	4	12	16
Letang, Phg	3	13	16
Crosby, Phg	7	8	15
Sharp, Chi	8	6	14
Hossa, Chi	7	7	14
Kane, Chi	6	8	14
Bickell, Chi	8	5	13
Voynov, LA	6	7	13
Carter, LA	6	7	13
Marchand, Bos	4	9	13
Lucic, Bos	3	10	13

### **NBA PLAYOFFS**

### **FINALS**

(BEST-OF-7; All Times Eastern) MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 1-0)

Sunday's result
San Antonio at Miami Thursday's result San Antonio 92 Miami 88 Tuesday's game Miami at San Antonio, 9 p.m. Thursday's game Miami at San Antonio, 9 p.m. Sunday's game x-Miami at San Antonio, 8 p.m. Tuesday, Jun. 18 x-San Antonio at Miami, 6 p.m.

x-San Antonio at Miami, 9 p.m.

Thursday, Jun. 20

### MLB

Texas Oakland

### **AMERICAN LEAGUE**

EAST DIVISION				
	W	L	Pct	GB
Boston	39	25	.609	_
New York	37	26	.587	11/2
Baltimore	35	28	.556	31/2
Tampa Bay	34	28	.548	4
Toronto	27	35	.435	11
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	<b>W</b> 35	<b>L</b> 26	<b>Pct</b> .574	GB —
Detroit Cleveland		-		GB  5 <sup>1</sup> / <sub>2</sub>
	35	26	.574	_
Cleveland	35 30	26 32	.574 .484	5 <sup>1</sup> / <sub>2</sub>
Cleveland Kansas City	35 30 28	26 32 32	.574 .484 .467	5½ 6½
Cleveland Kansas City Minnesota	35 30 28 27	26 32 32 32	.574 .484 .467 .458	5½ 6½ 7

### L Pct 25 .597 27 .585 36 .429 37 .422 Los Angeles Seattle .422 10<sup>1</sup>/<sub>2</sub> .344 15<sup>1</sup>/<sub>2</sub> Houston

Sunday's results Texas 6 Toronto 4 Detroit 4 Cleveland 1 Boston 10 L.A. Angels 5 Baltimore 10 Tampa Bay 7 Chicago White Sox 4 Oakland 2 Kansas City 2 Houston 0 N.Y. Yankees 2 Seattle 1

Saturday's results
L.A. Angels 9 Boston 5 Toronto 4 Texas 3 (18 inn.) Detroit 6 Cleveland 4 Chicago White Sox 4 Oakland 1 N.Y. Yankees 3 Seattle 1 Tampa Bay 8 Baltimore 0 Boston 7 L.A. Angels 2

Boston 7 L.A. Angeis 2 Kanasa City 7 Houston 2 Monday's games — All times Eastern L.A. Angels (Weaver 1-1) at Baltimore (García 2-3), 705 p.m. Boston (Lackey 3-5) at Tampa Bay (Cobb 6-2), 7:10 p.m. Cleveland (Kazmir 3-3) at Texas (Lindblom

0-1), 8:05 p.m. Toronto (Dickey 5-7) at Chicago White Sox (Axelrod 3-4), 8:10 p.m.

Detroit (Fister 5-3) at Kansas City (Guthrie 6-3), 8:10 p.m. Houston (Keuchel 3-2) at Seattle (Iwakuma 6-1), 10:10 p.m

### NATIONAL LEAGUE

EAST DIVISION				
Atlanta Washington Philadelphia New York Miami	W 39 30 31 23 18	31 33 35		81/2 131/2 201/2
CENTRAL DIVISION				
St. Louis Cincinnati Pittsburgh Chicago Milwaukee	W 40 37 37 25 25	25 26 35	.645 .597 .587 .417 .403	GB 3 3 <sup>1</sup> / <sub>2</sub> 14 15
WEST DIVISION				
Arizona San Francisco Colorado San Diego Los Angeles	W 35 33 34 29 27	30 34	.532 .531 .460	11/2 11/2 6 71/2
Sunday's results				

Miami 8 N.Y. Mets 4 (10 inn.) Washington 7 Minnesota 0 Milwaukee 9 Philadelphia 1 Chicago Cubs 4 Pittsburgh 1 Atlanta 8 L.A. Dodgers 1 Colorado 8 San Diego 7 (10 inn.) San Francisco 6 Arizona 2 Minnesota at Washington St. Louis at Cincinnati Saturday's results Miami 2 N.Y. Mets 1 (20 inn.)

Minnesota 4 Washington 3 (11 inn.) Pittsburgh 6 Chicago Cubs 2 Milwaukee 4 Philadelphia 3 Cincinnati 4 St. Louis 2 San Diego 4 Colorado 2 Atlanta 2 L.A. Dodgers 1

San Francisco 10 Arizona 5 Monday's games — All times Eastern Milwaukee (Gallardo 4-6) at Miami

(Nolasco 3-6), 7:10 p.m. Cincinnati (Bailey 3-4) at Chicago Cubs (Feldman 5-4), 8:05 p.m. Atlanta (Teheran 4-2) at San Diego

(Marguis 7-2), 10:10 n m Arizona (Miley 4-5) at L.A. Dodgers (Kershaw 5-4), 10:10 p.m.



See today's answers at metronews.ca/answers.

### Horoscopes

### $\Upsilon$ Aries

March 21 - April 20

Try to realize that not everyone thinks or feels the same way as you. A clash of viewpoints is likely today but it will only be a problem if you insist that you are right and others are wrong.

### **Taurus** April 21 - May 21

You may prefer to stick with what you know and trust today rather than take a risk on something new. That's up to you, of course, but it's also a shame because a little bit of courage could change your life completely.

### II Gemini May 22 - June 21

Keep telling yourself that the changes now taking place are not nearly as bad as some people claim. As a matter of fact they could actually be beneficial, for you anyway, so make sure you have a positive

### **9** Cancer June 22 - July 23

You are not as conformist as some people think and what you do over the next few days will prove that fact several times over. Expect a bit of a backlash though.

### $\Omega$ Leo July 24 - Aug. 23

Try not to give too much away today, especially on the work front where knowledge is most definitely power. The less others know about what you are up to the more likely it is your efforts will be a success.

### **W** Virgo Aug. 24 - Sept. 23

For some reason you are a bit more aggressive than usual, which could lead to confrontations at home and at work.

### **△** Libra Sept. 24 - Oct. 23

It's time to get serious about your long-term aims and that means, inevitably, getting rid of certain short-term aims that eat up your time and your eneray.

### **M** Scorpio Oct. 24 - Nov. 22

The planets will smooth your path as the new week begins and you will find it quite easy to get your way both in the professional sphere and in your private affairs.

### Sagittarius Nov. 23 - Dec. 21

Try not to let little things annoy you today because if your temper gets the better of you there is no telling where it might lead. Whatever other people might say or do treat it all as a big joke.

### **17** Capricorn Dec. 22 - Jan. 20

If a commitment of some sort is not working out then maybe you should cut your losses and get out. It won't be easy but let common sense (and the contents of your wallet) guide

### Aquarius

Jan. 21 - Feb. 19 Some things can be put off indefinitely because they are not really important but you have been putting off something that MUST be forced through to a conclusion. Make this the week when you finally crack it.

### ) ( Pisces

Feb. 20 - March 20

Yes, all things are possible but don't get silly and change things for the sake of it today — chances are you will just have to change them back again later. SALLY BROMPTON

### Crossword: Canada Across and Down

20

### Across

- 1. Uses the grill 5. carpet 9. Cheese variety 13. Trumpeter Mr. Armstrong
- 15. River of Spain 16. San \_\_\_, Italy
- 17. "Witness" (1985) folk 18. Statue atop
- Manitoba's Legislative Building: 2 wds. 20. Cable channel,
- Canada 21. Jann Arden's
- "Could \_ \_\_ Your Girl"
- 23. Liq. measures 24. Street: French
- 25. Northern Ontario city near the Manitoba border
- 28. Bestow
- 30. Liveliness 32. MTM part
- 34. Condescend 35. And others, com-
- monly: 2 wds. 36. Mr. Knievel
- 40. Health supplements store
- 41. Become popular on YouTube: 2 wds.
- 44. Ms. Aariak, Premier of Nunavut 45. Gabs
- 47. Jerome of musicals 48. Robin Hood's need
- 50. Air Canada craft 52. Armed outlaws 53. King Arthur's nephew Knight

56. "The View" co-

- host Ms. Shepherd 58. Flurry 59. Ooh and 61. Tavern order
- 62. Baseball's Mr. Dykstra

65

- sociation: 2 wds. 68. Arcade Fire's 'Neighborhood #2
- 65. Motorcycle aslead singer 74. Close

66

### **Down**

67

33

35

- 70. Sacred Buddhist peak
- 71. Opera song 72. Tend the fire
- 73. Mike \_\_, Loverboy

### 75. John Lennon's in-laws, The

1. Spill the beans 2. Tank in the ratings 3. Lotto Max option at

48

68 69

52

- purchase: 2 wds. -boom-bah!" 5. American rocker
- Bob 6. "True Blood" network

### 7. Son of folk legend Woody

8. King Kong's monster foe

63

62

- 9. Sea eagle 10. Ms. Messing
- 11. Stevie Wonder's "My Cherie 12. "Invisible" by Brit singer Alison

- 14. Glimmering 19. Carlisle Cullen's wife in 'Twilight'
- movies 22. Droid
- 26. Work unit
- 27. Outfits
- 29. Grand- (Acadian setting of Longfellow's Evangeline)
- 30. Uptight 31. Movie director,
- Dominic
- 33. Tale
- 35. Fifty-fifty 37. Vivid red; or, town
- in central Alberta 38. Ancient celebra-
- tor's "Whoopee!"
- 39. \_\_bowling
- 42. Fruit/wine pro-
- ducing area of British
- Columbia, \_\_ Valley 43. Honours
- 46. Ritzy resort 49. Time off, slang-
- style
- 51. Deceiver 52. Salon product
- 53. Hollywood legend
- Zsa Zsa 54. Not worth \_\_\_ (Of
- no value)
- 55. Stirred from sleep
- 57. \_\_ the Horrible
- 60. Animal of Aesop's 63. "Stay" by Rihanna
- feat. Mikky 64. Scot's negatives
- 66. A-U separators
- (Vowels) 67. Winnipeg's Ms.
- Vardalos
- 69. From \_\_\_ Z

### Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	6	2	1	4	3	9	8	ā
1	5	3	8	9	6	2	7	4
9	4	8	7	2	5	±	3	-0
8	2	9	3	5	4	7	6	1
6	7	5	9	1	8	3	4	2
4	3	1	6	7	2	8	5	9
2	0	4	5	3	1	6	9	7
5	9	6	2	8	7	4	1	3
3	1	7	4	6	9	5	2	8

	4		9			3		
9			6					8
		6		3	5			9
		1		4	7			5
2			1	6		7		
8			5	9		4		
3					2			1
		2			4		7	

### Today



### Tuesday



Know what the weather will be 14 days from now. Check the 14 day trend.

The Weather Network 2013



### How do I become a Dentist?

Explore what you want to be and how to get there.

Visit Career Bear.com to learn more



